



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Hof, Thorsten

Club: TSV Sandhofen

Number: 375

Course: 5.57 km

6 km Run

Category:

Männer M40

Total time: 29:04

Speed: 10.32 km/h

Running performance: 5:13 min/km

Rank in course/Total: 67 (of 158)

Rank in course/Men: 62 (of 104)

Best time in course: 20:14

Rank in category: 8(of 16)

Best time in the category: 21:27